

Orientation to Mental Health - Student Assignment

This is an example structure of a case study assignment given by the Practice Educator whilst on placement.

ABOUT THIS SERVICE

1. Describe the role of this service
2. This service is staffed by a multidisciplinary team. What is your understanding of the term 'multidisciplinary'?
3. This service has both 'clinical' and 'non-clinical' staff. What is your understanding of these terms?
4. Briefly describe the role of the following staff (those that work with this service):
 - a. Nurses
 - b. Psychologists
 - c. Social Workers
 - d. Medical staff
 - e. OT Assistants
 - f. Administration staff
 - g. Volunteers

OCCUPATIONAL THERAPY

1. What do you see as the role of the Occupational Therapist at this service?
2. How is this role the same / different to other team members?
3. List 10 clinical skills of an Occupational therapist working at this service.

DIAGNOSTIC INFORMATION – MAJOR MENTAL ILLNESS

1. Schizophrenia

- a. Provide a brief definition of this disorder
- b. Explain the following symptoms of schizophrenia:
 - i. Delusions
 - ii. Hallucinations
 - iii. Thought disorder
 - iv. Disorganised Behaviour
 - v. Negative symptoms
- c. Medications – Part of the treatment of schizophrenia is Anti-psychotic medication. Name 5 of these and the common side effects of each.
- d. Non-pharmaceutical treatment options – what other treatment/intervention options are there for schizophrenia?

2. Bipolar Affective Disorder

- a. Provide a brief definition of this disorder
- b. Explain the following symptoms
 - i. Mania
- c. Medications – What medications might someone with bipolar disorder be prescribed? Provide examples
- d. Non-pharmaceutical treatment options – what other treatment/intervention options are there for bipolar disorder?

3. Major Depression

- a. Provide a brief definition of this disorder
- b. Explain the following symptoms of depression:
 - i. Avolition

- ii. Flat affect
 - iii. Low mood
 - iv. Anhedonia
 - v. Alogia
- c. Medications - Part of the treatment of Depression is anti-depressant medication. Name 5 of these and the common side effects of each.
 - d. Non-pharmaceutical treatment options – what other treatment/intervention options are there for depression?

4. Anxiety Disorders

- a. Provide a brief definition of this disorder and provide some examples
- b. What are the treatment options for anxiety disorders?

MENTAL STATE ASSESSMENT

What are the components of a thorough mental state assessment?

A----

B-----

M---

A----

S----

T----- F---

T----- C-----

P-----

C-----

I-----

MENTAL HEALTH ACT

The Mental Health Act is aimed at ensuring people under the act have their rights respected and receive the best possible care and treatment in the least restrictive environment

Consider the Mental health Act and explain the following:

1. Mentally ill person
2. Mentally disordered person
3. Least restrictive environment
4. Voluntary admission
5. Involuntary admission
6. Community Treatment Order
7. Forensic Order

SYMPTOMS

The following is a list of terms that are often used to describe signs and symptoms of mental illness. Briefly define these terms and provide an example (where able). You are encouraged to discuss with your supervisor, actual examples of these symptoms that you have observed during your placement.

Incoherence

Perseveration

Neologisms

Thought blocking

Loosening of associations

Poverty of thought

Flight of ideas

Insight

Clang associations

Derealisation

Poverty of speech

Catatonic immobility

Delusions:

- Grandiose
- Persecutory
- Reference
- Thought insertion
- Thought broadcast
- Thought withdrawal

Labile mood

Inappropriate affect

Obsessions

Compulsions

Incongruity of affect

Ambivalence

Concrete thinking

Depersonalisation

Echolalia

Magical thinking

Word salad